



PARK-CENTER

# Group Fitness Schedule

STUDIO	SPINNING® RIDES	AQUA FIT
<b>MONDAY</b>		
5:45 am Body Gym 9:30 am Body Gym 7:00 pm Body Gym <b>*Hour class</b> 8:00 pm Urban Hip Hop Workout	5:45 am Spinning Ride 9:15 am Spinning Ride 12:00 pm Spinning Ride 6:00 pm Spinning Ride <b>*Hour class</b>	8:30 am Deep Water 9:00 am Easy Does It - Shallow 6:00 pm Shallow 6:00 pm Deep Water
<b>TUESDAY</b>		
9:30 am Pilates 7:00 pm N.I.A. Technique 8:00 pm Yoga	5:45 am Spinning Ride 9:00 am ZONE Ride (Endurance) 6:30 pm Spinning Ride	8:30 am Shallow 6:00 pm Deep Water
<b>WEDNESDAY</b>		
5:45 am Weight It Up 9:30 am Weight It Up 6:00 pm Urban Hip Hop Workout	5:45 am Spinning Ride 9:15 am Spinning Ride 6:00 pm Spinning Ride	8:30 am Deep Water 9:00 am Easy Does It - Shallow 6:00 pm Shallow 6:00 pm Deep Water
<b>THURSDAY</b>		
9:30 am N.I.A. Technique 7:00 pm N.I.A. Technique 8:00 pm Yoga	5:45 am Spinning Ride 9:00 am Zone Ride (Strength) 6:30 pm Spinning Ride	8:30 am Pool-ates - Shallow
<b>FRIDAY</b>		
9:30 am Balls, Bands, Bosu	5:45 am Spinning Ride 9:15 am Spinning Ride 6:30 pm Spinning Ride 45 min Spin/45 min Body Gym	8:30 am Deep Water 9:00 am Easy Does It - Shallow 6:00 pm Shallow
<b>SATURDAY</b>		
7:15 am Weight It Up 8:30 am Intermediate Yoga	8:30 am Spinning Ride	7:30 am Shallow
<div> <div>Class</div> <div>10 Class</div> <div>Qtrly</div> </div> <div> <b>Members</b>      \$3      \$20      \$90  <b>Residents</b>      \$4      \$24      \$105  <b>Non-resident</b>      \$5      \$28      \$120  <b>Senior</b>      <b>\$3</b>      \$20      \$90 </div>	<p><b>Schedule Effective</b>  <b>May 1, 2006 through</b>  <b>June 3, 2006</b></p> <p>Class format, time or instructor are  subject to change</p> <p>All workouts 55 minutes  unless noted.</p> <p><b>Updated: 4/25/06</b></p>	<p><b>MASTER SWIM</b></p> <p>Swim Workouts (Fitness token required)</p> <p>6:00 pm Monday &amp; Wednesday  6:30 pm Tuesday &amp; Thursday</p> <p><b>(801) 284-4200</b>  <b>www.murray.utah.gov</b></p>